

Flying Farmer

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Rural advocates

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REN

ILLINOIS RURAL ELECTRIC NEWS

June 1995

**Backward
painter**

See page 6



Vinegar . . .

A Teaspoon A Day Helps Keep The Doctor Away

CHICAGO (Special) - Research from centers around the world report what ancient healers knew thousands of years ago -- *that vinegar is the wonder elixir for a healthier life.*

Since ancient times a daily dose of apple cider vinegar has been taken to control appetite and maintain well-being.

Even Japan's feared Samurai warriors of years ago relied on a vinegar tonic for strength and power. A tonic you can make in your kitchen.

Today, countless reports and scientific studies praise the curative and preventive powers of vinegar as part of our daily diet.

And now after long research, for the first time, over 300 vinegar super-healing home remedies and recipes have been gathered by noted natural health author Emily Thacker in her exclusive new book, *"The Vinegar Book."*

It's the most complete collection since the discovery of vinegar 10,000 years ago.

You'll learn how to control your appetite to lose weight with a meal-time vinegar cocktail.

Find trusted home remedies to beat colds, ease painful arthritis, and other joint diseases.

Vinegar is nature's own drug-free anti-inflammatory.

Scientific tests show organic vinegar is a natural storehouse of vitamins and minerals, including beta carotene -- over 93 different components -- to fight what ails you.

More than 70 different research studies have verified that *beta carotene lowers the risk of getting cancer and it boosts the body's immune system.*

When fresh apples are allowed to ferment organically, the result is a vinegar that contains natural sediment with pectin, trace minerals, beneficial bacteria and enzymes.

And pectin helps your body reduce cholesterol levels to lower the risk of cardiovascular disease.

"The Vinegar Book" will amaze and delight you with 308 natural ways to enrich your personal life and home. Time-honored folk remedies that show step by step how to mix vinegar with other kitchen staples to:

- Improve your metabolism
- Aid digestion
- Help lower cholesterol
- Uses for middle ear problems
- Condition problem skin
- Fight age and liver spots
- Gain soft, radiant skin
- Amazing hair treatments
- Relieve nighttime leg cramps
- Soothe sprained muscles
- Fight osteoporosis with calcium
- Help headaches fade away
- Corn and callus relief
- Aid to maintain health
- Skin rashes, athlete's foot
- Relieve insect bites
- Remedy for urinary problems
- Use for coughs, colds
- Destroy bacteria in foods
- Heart and circulatory problems
- Fight high blood pressure

And the above is only a brief sample of the 308 uses for vinegar you'll learn about.

You'll know how grandma's recipe for her famous pie crust depends on a spoonful of apple cider vinegar.

How a combination of vinegar and fruit juices relieves arthritis symptoms and other aches and pains.

Try a delicious low calorie, calcium-and-iron rich chicken soup and vinegar recipe.

Combine your favorite herbs with vinegar to create tenderizers, mild laxatives, mouth washes, tension relievers, and mouthwatering tasty salad dressings and more.

Of course, we all know the cleaning power of vinegar. But Emily Thacker's research has uncovered a host of new moneysaving ways to keep your home, laundry, clothing, brass, copper and other possessions sparkling clean. And with less effort.

You'll also delight in making and bottling your own special vinegars. It's so simple to follow Emily's recipes. Homemade vinegars make such wonderful gifts. You could even end up selling your creations to food and gift shops.

And get ready for many compliments when the family and friends bite into those delicious pickle treats you make.

Yes, 308 remedies and recipes are yours to enjoy on a no-risk trial basis for 90 life-improving days. Imagine, three full months without obligation to keep this exclusive, one-of-its kind book.

When you read it you'll say: "Is there anything that vinegar is not good for?"

To get your trial copy direct from the publisher at the special introductory price of \$12.95 plus \$3 shipping and handling simply do this:

Write "Vinegar Preview" on a piece of paper and mail it along with your check or money order payable to: The Vinegar Book, 718 - 12th St. N.W., Dept. F3504, Canton, Ohio 44703.

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Illinois Rural Electric News

Voters oppose PMA sale

By a margin of almost three to one, informed voters said they opposed the sale of the power marketing administrations (PMA) when surveyed by telephone.

The National Rural Electric Cooperative Association (NRECA), representing 1,000 cooperative electric utilities, and the American Public Power Association (APPA), representing community-owned electric utilities released this finding at a press conference on Capitol Hill.

"I strongly oppose the sale of Western Area Power Administration and have informed Sen. Pete Domenici about my concerns," said Sen. Larry Pressler (R-SD). "We've got to get the facts out that government makes money on this program." Sen. Domenici (R-NM) is chairman of the Senate budget committee.

"We learned several things by polling beyond the beltway: one, that American voters still believe in public-interest principles; and two, that when given the facts and not just sound bites, American consumers are aware of the detrimental consequences of selling the PMAs," said Glenn English, NRECA general manager.

The telephone survey, conducted by Hamilton & Staff, one of the country's oldest private public

opinion/public affairs research and consulting firms, found that four out of five voters believe the current national policy that encourages three types of electric utilities — privately owned, community owned, and cooperatives — is good.

"Privatizing the PMAs has become political currency these days," said Larry Hobart, APPA executive director at the news conference where poll results were released.

"Proponents of the sale of power rights at federal multiple-purpose dams would have the government sell an asset — electrical output — and keep the liabilities — non-income producing project functions like navigation and flood control. This is similar to keeping the store but selling the cash register," explained Hobart.

American voters responding to the survey support the pluralistic power industry policy rather than allowing a monopoly to develop.

Also, upon hearing information regarding the generation, sale and distribution of federal power in the U.S. and arguments for and against selling the PMAs, the American electorate is strongly opposed to the sale and is unaffected by the support this proposal might have on Capitol Hill or the White House.

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Larry F. Elledge
Editor

Gordon M. Olsen
Managing Editor

Jack D. Halstead
Associate Editor

Peggy Wade
Advertising Coordinator

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REN

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Cover: Jean Delap of Broughton is "backward," and she likes it that way. Jean is one of a rare breed of artists — she paints backward. For more on how she paints, turn to page 6.

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BRIEFLY

Agriculture Department seeks support for farm family monument

Illinois Department of Agriculture Director Becky Doyle is encouraging Illinois residents, businesses, and organizations to support fund-raising efforts for a statue honoring farm families to be erected on State Capitol grounds. "Statues at the Capitol complex pay tribute to occupations ranging from coal mining to law enforcement. Farm families are part of Illinois' heritage and deserve that same honor for their hard work and dedication to putting food on tables worldwide," said Doyle. The statue project was initiated through a resolution the Illinois General Assembly adopted unanimously in 1994. Resolution sponsors were Representatives Larry Woolard (D-Carterville) and Duane Noland (R-Blue Mound) and Senators Harry "Babe" Woodyard (R-Chrisman) and William O'Daniel (D-Mt. Vernon). The farm family monument will cost an estimated \$250,000. All funds for the monument will come from the private sector. "Everyone in Illinois benefits from the food and fiber industry — many of us either work in it or have ancestors who did. Illinois is one of the nation's leading agricultural producers, and it's high time we honor the people who have made that possible — the farmers," said Doyle. The IAA Foundation, an affiliate of the Illinois Farm Bureau, will collect and deposit all donations. Individuals who would like to contribute to the project should make checks payable to Illinois Farm Family Monument/

IAA Foundation and mail them to IAA Foundation, 1701 Towanda Ave., Bloomington, IL 61701.

Awards program for consumer co-ops

The Cooperative Access Project is seeking information on disability accessibility programs at consumer cooperatives. The year-long project is attempting to identify co-ops with special programs or features that serve the needs of people with disabilities. Co-ops with model programs will receive awards and will be featured in a national guidebook. Examples of model programs are work opportunities for staff or volunteers with disabilities or staff training programs that teach "disability etiquette." The Cooperative Access Project is a year-long project headquartered at the University of Kansas. Nominations must be received no later than June 30 to be eligible for awards and inclusion in the guidebook. For a nomination form and information contact Deborah Altus, 4089 Dole, University of Kansas, Lawrence, KS 66045; (913)842-3746; Internet: altus@kuhub.cc.ukans.edu.

IOUs launch campaign to kill co-op subsidies

Utilities owned by investors have launched a nationwide attack on consumer-owned and municipal utilities, criticizing their levels of federal assistance. However, the attack, contained in a 100-page report from the

Edison Electric Institute, fails to consider the \$5 billion in tax breaks given to investor-owned utilities each year. IOUs are arguing that such subsidies are unfair in the newly competitive electric environment. To back-up their argument, the Edison Electric Institute has circulated a report done for it last fall. The 100-page report says the government loses \$2.9 billion a year in taxes from municipals and their investors and \$1.9 billion a year from co-ops. Municipals and co-ops counter this argument saying "all electric utilities receive federal subsidies in one form or another." A study conducted by the National Rural Electric Cooperative Association shows that co-ops receive the smallest subsidy per customer. The IOU subsidies amount to \$5 billion a year from more than \$75 billion in excess deferred taxes they have accumulated since Congress lowered their tax rate in 1986, asserts the public power interests.

Computers now tracking pollution sources

The Agriculture Department is armed with a new weapon in the fight to track pollution in watershed areas where pesticide runoff can affect the quality of resources many miles away — a new computer prediction model. Since a watershed includes all the land that drains into a main river, lake or reservoir, the land management practices of one landowner usually affect others in the area. "It's all inter-related," said Robert A. Young, an engineer at an Agriculture Department laboratory in Morris, Minn., who developed a computer prediction model to track pollution. Planning agencies are using the model, called Agricultural Non-Point-Source Pollution, or AGNPS, to simulate the effects of various management practices in pollution. Using the model, they can tell where runoff

from rain or snow melt or irrigation may carry pesticides, fertilizers or sediment throughout a watershed, according to the USDA publication, Agricultural Research. "What AGNPS does that no other model can do is allow us to track pollutants back to their source," said Fred D. Theurer, technology model development leader for USDA's Natural Resources Conservation Service.

Information guide on sale

The International City/County Management Association (ICMA) and Public Technology, Inc. have developed a new CD-ROM, "A Guide to the Information Superhighway." The interactive CD-ROM provides a glossary of key terms, the results of ICMA's telecommunications survey of what other local governments are doing, video clips from the national conference on local government's role in the National Information Infrastructure, and a bibliography of other resources. The CD-ROM is available to nonprofit organization for \$95. For more information, an outline of the computer capability needed to run the disc or to order contact ICMA at 1-800-745-8780.

How tax dollars are spent

Out of each dollar the government collects: ● 39 cents come from your income taxes. ● 32 cents from social insurance payments. ● 12 cents from borrowing. ● 10 cents from corporate income taxes. ● 4 cents from other sources. ● 3 cents from excise taxes. Out of each dollar the government spends: ● 48 cents is paid directly to individuals. ● 16 cents goes for defense. ● 16 cents pays interest on the national debt. ● 15 cents goes to states and localities in the form of grants. ● 5 cents pays for other federal operations.



Imogene (Jean) Delap shows off various paintings she has done. She specializes in backward painting, as well as several other art forms.

Backward painter

Painting on the reverse side takes a special knack

Often, if you say a person is "backward," they take offense. Imogene "Jean" Delap of Broughton is a backward painter, but she doesn't care who knows it. She paints on glass, so the details go on first, then the rest of the work.

When she is finished, the back of the paintings look awful. Turn them over, though, and you have a real work of art. But she got into painting on canvas long before she started working on her current art form. Jean and her husband, Bill, are members

of SouthEastern Illinois Electric Cooperative.

Her husband, who's a director of Hamilton County Telephone Co-op, helped her get started in painting. "He had talked to a woman who thought I might be interested," she says, "and she offered to teach me. He suggested I try it, so I did.

"That was in 1976," she continues, "and I went for a few lessons. She showed me how to prepare a canvas, what brushes to use, how to do the background and how to work



(Left) This is the back side of a reverse painting. (Right) From the front, the painting takes on a finished appearance.

in the foreground. Then I just stopped going. A lot of what I've learned is self-taught. I still paint on canvas — using oils — but not as much as I used to."

In addition to all kinds of artistic efforts, she also helps around the family farm, where a herd of ostriches is now the main attraction. "I used to do a fair amount of farm-type work with Bill and our sons, David and Kevin," she says with a chuckle, "but now I'm just a gofer; I take care of the grandkids as much as I can, too."

The grandkids, daughters of Kevin and his wife, Melinda, give Jean the chance to do a little artistic stuff, too. "I finally got my girls to make pretty things for," she says. Jean delights in making matching outfits for them.

"We were out west one time," she says, "and we saw some really nice-looking little blouses. I started to buy three of them until I saw the price tags. After I got my breath back, I decided I could make some every bit as nice for about a third of what they wanted." A photo of the girls, in very nice matching

blouses, is proof that her efforts were successful.

While all that was going on, Jean, who had grown up sewing, also started making stuffed animals.

"They're from patterns," she says, "and if you follow the pattern you get a basic doll. You can add your own artistic touches as desired, and I did." She made 32 for one woman, and several for other people. One went to Colorado, and she shipped two to Ohio.

"I take burned-out Christmas tree light bulbs," she says, "and paint decorations on them. Then I glue a pin to the back so it can be worn on the lapel. The kids take them to school. I sell them and the dolls, and give away a lot of my paintings. I've done some 'praying hands' paintings for my father, who is a retired Methodist minister."

In 1982, a friend showed Jean a "reverse" painting on glass, and noted that she had gone to a demonstration at the local Extension Center and had watched the process. She said, "Jean, you'll like this," and it turned out that she was right.

Quilting is another pastime, and Jean chuckles that she

made a big quilt not long ago and entered it in the Popcorn Day activities at Ridgway.

"I didn't enter it in the quilting competition," she says, "but in the fabric painting one. It won best of show."

The quilt was the basis of a slight misunderstanding between her and her granddaughters, though. It consisted of many squares, each with a different bird painted on it, all sewed together and made into a quilt.

"I had pieces with robins, cardinals, eagles and the like," she says, "and the girls said, 'Grandma, you need a roadrunner'. So I went to the library and found a picture of a roadrunner and painted one kind of like it.

"The girls took one look at it and said, 'Grandma, that's not the roadrunner'. They were thinking of the cartoon character, who doesn't really look that much like the real bird. They were still tickled when I won best of show."

The kids are getting interested too, Jean says, and already help with some painting. Years from now they may be entering art items of their own — maybe with a cartoon roadrunner?



Ted and Lila Johnson enjoy a moment in the hangar, with their Cessna Skylane in the background.

Flying to farming in 40 years

Eldon "Ted" Johnson took a round-about, 40-year route to farming his old home place. He flew much of the way, and he continues to mix aviation with agriculture.

"Like a lot of others, I had to leave home and work 40 years before I could come back and farm the old home place," he says with a chuckle.

Ted, who has a farm and airstrip about five miles east of Paxton, was born within a stone's throw of where he lives now, with his wife, Lila. They are members of Eastern Illini Electric Cooperative.

Ted left the farm and eventually became an airline flight engineer, sometimes flying the long routes over the South Pacific. His ports-of-call were often exotic places on the island-hopping route to Australia

and New Zealand.

Ted and Lila have Ted's Place, a farm and airstrip operation that is home to their Cessna 182 Skylane. With farming and flying being a big part of their lives, it followed that they would get involved in the Illinois Flying Farmers, or IFF. The organization is made up of—not surprisingly—Illinois farmers who fly airplanes. Lila was queen of the organization in 1989, and Ted was the organization's state president in 1991 and 1992 and "man of the year" last year.

"We enjoy being in the organization," Ted says, "and it's really wonderful to be combining the best of what I always wanted to do—flying and farming the old home place."

Even though it sounds as though all that happened to

Ted occurred easily, Ted put in a long apprenticeship before he climbed into the flight engineer's seat for the first time.

Like many boys growing up in the years before and during World War II, Ted was fascinated by airplanes and flying. "I remember when I was just a kid," he says, "and Chanute Field was already pretty busy. It was just a few miles south of us, and planes flew over often."

Even so, it took more than interest. Things started to jell when Ted joined the Navy just after turning 17, in 1944. "I had to get my dad to sign for me," he says. He became a machinist's mate, and was discharged in 1946. "I got what I wanted out of the Navy—me!" he quips.

In the late 1940s, veterans by the thousands flocked to universities, colleges and trade



(Left) Cessna Skylane N92866, as nice a four-seat airplane as you'll find anywhere. Skylanes are the special series of the 182 line. Below, Ted jokes that he had to leave home and work airline jobs for 40 years before he could afford to come back and farm the old home place: As can be seen here, he's farming it now.



schools all over the country to study under the GI Bill, which provided funding. Ted was one of them. He headed for Wichita, Kan., to study business, then went to Tulsa, Okla., to the Spartan School of Aeronautics. "I got what was then called an aircraft and engine mechanic's rating, or an A&E. The title has since been changed to aircraft and powerplant mechanic, or A&P, to reflect the fact that turboprops and turbojet engines differ from the earlier piston engines."

He later went to work for American Airlines and began working his way up through the ranks. He became flight engineer, and a civilian pilot and flying instructor, logging nearly 40,000 hours in various capacities.

"I did a lot of flying to London

and to some German cities at first," Ted says, "because American didn't have any South Pacific routes. Then they traded some Caribbean destinations, mostly with Pan American Airways, or PAA. About 25 years ago we got into the business of flying to Hawaii, Samoa, Fiji, New Zealand and Australia."

Ted notes, as might be expected in all those hours of flying, that were some hair-graying, nail-biting, white-knuckle moments during his career. "I should emphasize that I was never injured," he says, "although there were times when I thought I would be. There were times when we had blown cylinders, the engine cowling torn away, and oil all over the wing. We'd be limping along hoping for the best and sweating it out. That was when

all the training and practice we'd had would pay off."

In those years, Ted flew — or flew in — some of the classic piston-powered airliners, starting with the Douglas DC-6 and DC-7, going to the Lockheed Electra. The Boeing 707 was the first of the pure jets he got into, then the Convair 990, the DC-10 and the massive Boeing 747. "The 747 is a beauty," Ted says, "and was a wonderful plane to fly. It isn't the biggest airplane in the world, but it's pretty close. I really liked it."

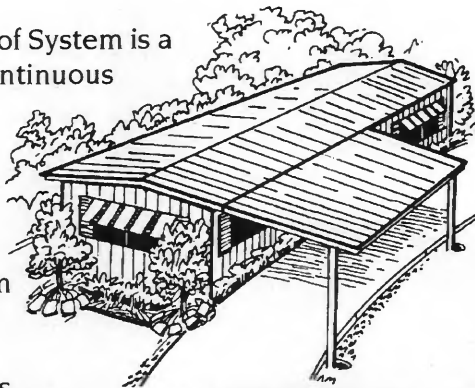
"After all those years in various kinds of hardware, it was time to settle down into the old family farm," Ted says. He had bought the place from his family in 1971. While the home spread covered 80 acres, the farm now totals some 533 acres, most of which is in grain.

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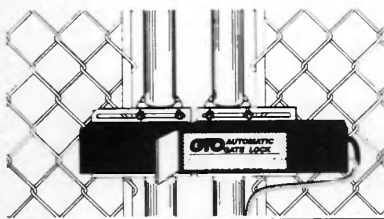
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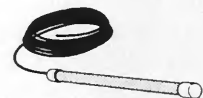
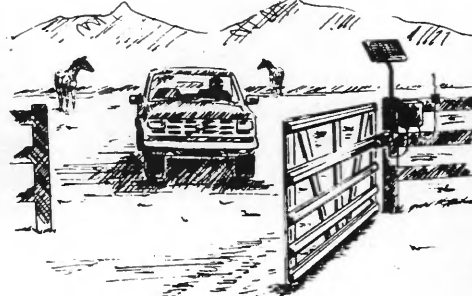


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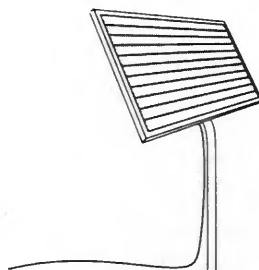


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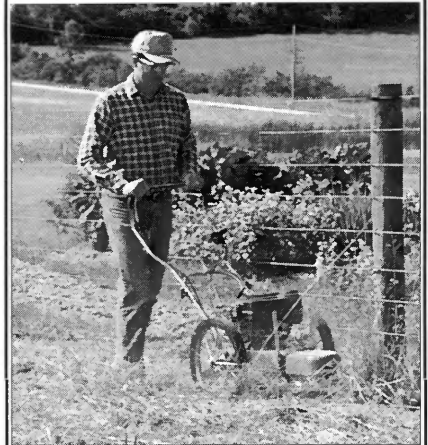
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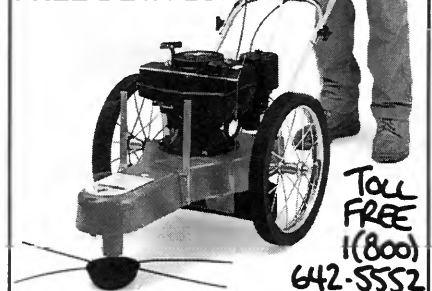


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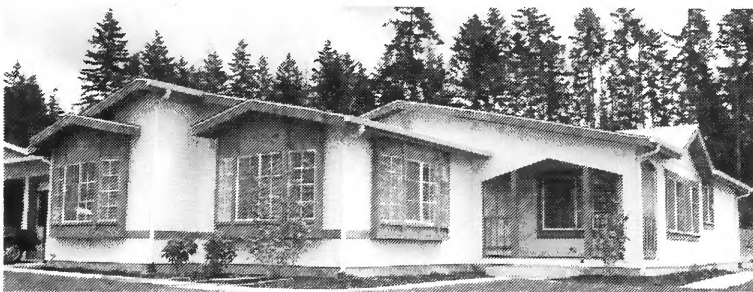
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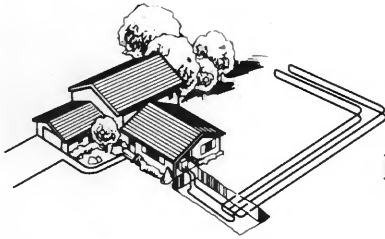
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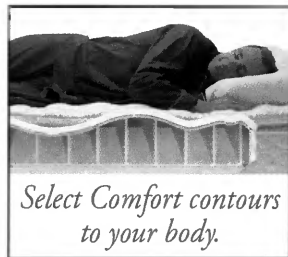
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PEANUT BUTTER PIE

- 8 oz. cream cheese
- 1 cup powdered sugar
- 1/2 cup peanut butter, smooth or crunchy
- 2 tablespoons milk
- Small carton non-dairy whipped topping

Beat cream cheese and powdered sugar until fluffy. Blend in peanut butter and milk. Fold in non-dairy whipped topping. Pour into either graham cracker crust or any crust of your choosing. I use the four layer delight crust.

PARTY POTATOES

- 6 medium potatoes
- 1 stick oleo — divided in half
- 1 can cream of chicken soup
- 1 pint sour cream
- 3/4 cup chopped green onions with tops
- 1 1/2 cups grated sharp cheddar cheese
- 1/2 cup cornflake crumbs mixed with
- 1/4 teaspoon seasoned salt and
- 1/2 teaspoon white pepper

Boil potatoes in jackets. When completely cool, peel and grate on large grater. Melt 1/2 stick of the oleo. Remove from heat, add undiluted soup, sour cream, onions, cheese, and stir until smooth. Fold this mixture into grated potatoes and place in a greased casserole dish. Melt the other 1/2 stick of oleo and mix it into the seasoned cornflake crumbs. Top the casserole with the crumbs and bake in 325 degree oven for 45 minutes.

ITALIAN CREAM CAKE

- 2 cups sugar
- 1 stick oleo
- 1/2 cup Crisco
- 5 eggs
- 1 cup buttermilk
- 2 cups flour
- 1 teaspoon soda
- 2 teaspoons vanilla
- 1 6 oz. pkg. flaked fresh frozen coconut
- 1 cup finely chopped pecans

Cream oleo and shortening. Add sugar and continue to cream. Add egg yolks one at a time and cream after each one. Add buttermilk alternately with flour and soda that has been sifted together. Add the vanilla. Beat the egg whites stiff and fold into the above mixture. Fold in the coconut and nuts. Pour in three 9 inch layer cake pans that have been greased and floured. Bake in 350 degree oven 25 to 30 minutes. Frost with cream cheese icing between the layers and on top.

CREAM CHEESE ICING

- 1 8 oz. pkg. cream cheese
- 1/2 stick oleo
- 1 box powdered sugar, sifted
- 2 teaspoons vanilla

Allow the cream cheese and oleo to come to room temperature and beat with electric mixer until smooth and creamy. Add powdered sugar and continue beating, adding just enough evaporated milk to make it the right spreading consistency.

HOWARD'S BAKED BEANS

- 1 lb. ground beef
- 3 slices bacon
- 1 onion, chopped
- 1 green pepper, chopped
- 1 teaspoon salt
- 1 large can pork and beans
- 1 cup tomato catsup
- 1/2 cup molasses
- 1/2 teaspoon ginger

Fry the bacon until limp and remove it from frying pan. Brown the meat in the bacon drippings, add the salt, onions, and green pepper and stir until the onions are limp. Add the meat to the beans, catsup, molasses, and ginger. Stir well. Pour into a greased Pyrex baking dish and top with the bacon. Bake in preheated 325 degree oven for 45 minutes.

HOT DIPS

- 1 can artichoke hearts
 - 1 cup lite mayonnaise
 - 1 cup reduced fat cheddar cheese
 - 1/2 can medium hot diced green chilies
- Drain and chop the artichoke hearts finely. Mix in the mayonnaise, cheese and chilies. Pour into small baking dish sprayed with Pam and bake at 350 degrees for 25 minutes. Serve with Wheat Thins.

FRESH FRUIT DIP

- 1 8 oz. pkg. cream cheese
- 1 7 oz. jar marshmallow creme
- 1 teaspoon grated orange rind
- 1 tablespoon orange juice
- 1 teaspoon grated fresh ginger root

Serve with assorted fresh fruits for dippers.

FROSTED DATE BARS

- 1 cup all purpose flour
 - 1/2 cup light brown sugar
 - 1 stick oleo, softened
- Mix until crumbly and press into ungreased 11 x 7 inch pan. Bake at 375 degrees for 10 minutes or until golden brown.

Filling

- 1 cup chopped dates
- 1/2 cup sugar
- 1 stick oleo
- 1 egg, well beaten
- 2 cups Rice Crispies
- 1/2 cup chopped pecans
- 1 teaspoon vanilla

Combine dates, sugar, oleo. Cook over medium heat until mixture boils, stirring constantly. Simmer one minute. Blend 1/4 cup mixture into beaten egg: return egg mixture to saucepan. Cook until mixture boils, stirring constantly. Remove from heat; stir in vanilla, nuts and cereal. Spread over baked crust; cool completely.

Frosting

- 2 cups powdered sugar
 - 4 ozs. cream cheese, softened
 - 2 or 3 teaspoons milk
 - 1 teaspoon vanilla
- Combine ingredients and beat at low speed until smooth. Spread over filling. Makes 2 dozen bars.

WACKY CAKE

- 3 cups flour
- 6 tablespoons cocoa
- 2 cups sugar
- 2 teaspoons soda
- 1 teaspoon salt
- 2 cups cold water
- $\frac{3}{4}$ cup salad oil
- 2 tablespoons vinegar
- 2 teaspoons vanilla

Sift together first 5 ingredients. Mix other 4 together. Add dry ingredients and mix well by hand. Do not beat with mixer. Bake in moderate oven about 30 minutes in 9" x 13" greased pan. Great with the 7 minute icing below.

7 MINUTE ICING

- 3 egg whites
- 3 tablespoons waffle syrup
- $\frac{1}{4}$ teaspoon salt
- 1 teaspoon vanilla
- 2 cups sugar
- $\frac{3}{4}$ teaspoon cream of tartar
- $\frac{1}{2}$ cup cold water

Combine ingredients in large double boiler. Beat for 4 to 5 minutes. Take off heat, and beat for 2 more minutes.

GRANDMA'S CHEESE CAKE

- 1 pkg. lemon gelatin
- 1 8-oz. pkg. cream cheese
- 1 can evaporated milk, chilled
- $\frac{3}{4}$ cup sugar
- 2 tablespoons lemon juice
- 1 cup crushed pineapple, optional

Graham Cracker Crust:

- 2 tablespoons powdered sugar
- 1 stick oleo
- $\frac{1}{4}$ pkg. graham cracker crust

Prepare gelatin as per directions on box, except use only 1 cup of water. After gelatin has cooled, add softened cream cheese. Mix well. In separate bowl, whip chilled evaporated milk to whip cream consistency and gradually add sugar. Add gelatin mixture to this; add lemon juice and pour into crust. Chill 4 hours before serving. **Crust:** Combine sugar and graham cracker crumbs. Melt butter and add to cracker mixture. Pat into pan and chill.

ONION CRUSTED CHICKEN

- $\frac{1}{4}$ teaspoon salt and pepper
- $\frac{1}{2}$ cup melted margarine
- 1 tablespoon Worcestershire sauce
- 1 teaspoon dry mustard
- Fried onion rings
- 4 chicken breasts

Pound chicken flat. Sprinkle with salt and pepper. Combine butter, Worcestershire and mustard. Stir well. Dredge chicken in butter, then in onions, crushed. Arrange chicken in a baking dish. Top with remaining onions, drizzle with remaining butter mixture. Bake at 350 degrees for 30 minutes. Cover the dish with foil the first half of cooking time to keep it from over browning.

SUNDAY STEW

- 2 lbs. stew meat
- 2 cans cream of mushroom soup
- 1 envelope dry onion soup mix
- 1 tablespoon wine vinegar
- $\frac{1}{2}$ cup water
- 2 tablespoons Worcestershire sauce

Stir the liquid ingredients into the cream of mushroom and onion soup mix until smooth. Add the stew meat. Place in a large Dutch oven and bake in 250 degree oven for 5 hours. Serve over cooked rice or wide noodles.

GROUND BEEF AND NOODLE CASSEROLE

- 2 lbs. ground beef
- 1 bud garlic
- 1 large sweet pepper (chopped)
- 1 lb. onions, chopped
- 1 bunch celery, sliced
- 1 can sliced mushrooms
- 1 can tomato soup
- 1 16 oz. bottle catsup
- 1 can tomato paste mixed with 1 can of water
- 1 package wide noodles, cooked and drained
- 1 jar stuffed olives, sliced
- $\frac{1}{2}$ lb. grated American cheese

Brown the meat and the vegetables in a small amount of margarine or oil. Add the soup, catsup, tomato paste and water to the meat mixture and simmer over very low heat, stirring frequently, for 20 minutes. Stir this into the hot cooked noodles, add the sliced olives and pour into a large casserole dish. Cover with grated cheese. Place in a slow oven and cook until cheese is melted.

MICROWAVE FISH FOR TWO

- 2 catfish fillets
- $\frac{1}{4}$ teaspoon seasoned salt
- $\frac{1}{2}$ teaspoon Cavender's Greek seasoning
- $\frac{1}{2}$ teaspoon Mrs. Dash
- 1 teaspoon liquid margarine
- Juice from 1 large lemon

Rub the salt and seasoning on both sides of the fillets. Place fillets on small microwave-safe platter that has been sprayed with Pam. Squeeze the lemon over the fillets and dot with margarine. Cover with Saran wrap, vent, and microwave on high for 8 to 10 minutes, rotating every 3 minutes.

MOLASSES COOKIES

- $1\frac{1}{2}$ cups shortening
- $1\frac{1}{2}$ cups sugar
- 2 eggs
- 1 cup molasses
- $\frac{1}{2}$ cups flour
- 2 teaspoons cinnamon
- 3 teaspoons soda
- 1 teaspoon ginger
- 1 teaspoon salt
- 1 (12 oz.) package butterscotch chips
- 2 cups chopped pecans

Cream shortening, sugar, eggs and molasses thoroughly. Add the remaining ingredients to the creamed mixture. Mix well and chill at least three hours. Roll into walnut sized balls and place 2 inches apart on ungreased cookie sheet. Bake 8 to 10 minutes at 375 degrees. Cool slightly before removing from cookie sheet. This recipe is easily halved if you don't want such a large batch. I make the full recipe, roll them into balls, place in single layers on cookie sheets and freeze them until they are frozen solid. Then I bag them in large zip lock freezer bags

FAVORITE STRAWBERRY PIE

- 18 graham cracker squares
- $\frac{1}{4}$ cup granulated sugar
- 6 tablespoons margarine, melted
- 1 (8 oz.) pkg. cream cheese, softened
- 1 cup sifted powdered sugar
- 1 (8 oz.) container frozen whipped dairy dessert topping, thawed
- 2 cups sliced fresh strawberries
- Strawberries for garnish

For graham cracker crust, place graham crackers in a plastic bag or between 2 sheets of plastic wrap or waxed paper or crush into fine crumbs in a blender or food processor. Measure $1\frac{1}{4}$ cups fine crumbs. In a medium mixing bowl combine crumbs and granulated sugar. Stir in melted margarine or butter; toss to thoroughly combine. Turn the crumb mixture into a 9" pie plate. Spread the crumb mixture to form a firm, even crust. Chill about 1 hour or till firm (or bake in 375° oven for 6-9 minutes or till edges are brown, cool on a wire rack). For filling, in a small mixer bowl beat cream cheese and powdered sugar till well combined. Fold in the thawed dessert topping and the 2 cups strawberries. Turn into prepared crust. Garnish with fresh strawberries. Chill at least one hour or up to 4 hours before serving. Makes 8 servings. 418 calories per serving.

MILKY-WAY CAKE

- 8 5-oz. Milky Ways
- 2 sticks margarine
- 2 cups sugar
- 4 eggs
- 1 cup chopped nuts
- 1 cup buttermilk with $\frac{1}{2}$ teaspoon soda dissolved in it
- $2\frac{1}{2}$ cups flour
- 1 teaspoon vanilla

Melt 1 stick margarine with candy bars. Cool. Cream sugar and other stick of margarine. Add eggs, one at a time, beating well. Add flour and buttermilk alternately. Add vanilla, nuts and candy mixture last. Bake in 9" x 13" pan, greased and floured, 1 hour at 325 degrees.

ICING

- 2 cups sugar
- $\frac{1}{2}$ cup evaporated milk
- $\frac{1}{2}$ stick margarine
- 1 cup or 1 8-oz. pkg. chocolate chips
- 1 pint marshmallow cream
- 1 teaspoon vanilla

Let sugar, milk and margarine boil 4 minutes, stirring constantly. Add other ingredients. Spread on Milky Way cake.

MAJOR SALAD

- DRESSING:**
- 2 cups mayonnaise
- 1 10 $\frac{1}{2}$ oz. can condensed beef consomme'
- $\frac{3}{4}$ teaspoon garlic powder
- 2 tablespoons red wine vinegar
- 1 teaspoon freshly ground pepper
- SALAD:**
- 1 large head regular lettuce or 2 heads butter lettuce or romaine
- 16 cherry tomatoes
- 1 avocado
- 1 cup croutons

FOR DRESSING: Combine mayonnaise, beef consomme', garlic, wine vinegar and pepper in 1-quart jar with screw top. Shake well. Refrigerate overnight. **FOR SALAD:** Break salad greens into large bowl. Add split cherry tomatoes, avocado quartered, peeled and sliced. Top with croutons. Shake dressing well. Pour over salad. Toss to coat evenly. Makes 8 servings. Serving suggestion: Shredded swiss cheese makes a tasty garnish. Serve immediately.

THREE BEAN SALAD

- 1 can cut green beans
- 1 can cut wax beans
- 1 can red kidney beans
- 1 green pepper cut in julienne strips
- $\frac{1}{8}$ teaspoon oregano
- $\frac{1}{4}$ teaspoon dill
- $\frac{1}{8}$ teaspoon basil
- $\frac{1}{4}$ teaspoon celery salt
- 1 clove garlic, peeled and crushed
- $\frac{1}{2}$ cup salad vinegar
- $\frac{1}{2}$ cup sugar
- $\frac{1}{2}$ cup salad oil
- 1 tablespoon salt
- 1 small onion cut in slices to form rings
- 2 stalks celery chopped

Mix together drained beans, pepper, onion and celery in bowl. Bring to a boil mixture of sugar and vinegar. Remove from heat and add oregano, dill, basil, salt, garlic and salad oil. Return to burner and heat but do not boil. Pour hot mixture over bean mixture. Stir after one hour, cover and refrigerate overnight.

POTATO SALAD

- 7 medium potatoes, cooked, sliced and chopped (7 cups)
- 3 hard cooked eggs
- $\frac{1}{4}$ cup finely chopped sweet pickles (or pickle relish)
- Chopped onions (amount desired)
- Chopped green peppers (amount desired)
- $\frac{1}{2}$ cup mayonnaise
- $\frac{1}{4}$ cup sweet pickle juice
- 1 teaspoon salt
- $\frac{1}{8}$ teaspoon pepper
- 1 teaspoon celery seed
- $\frac{1}{8}$ teaspoon garlic salt

In large bowl combine potatoes, eggs, pickles, onions and green peppers. Stir together mayonnaise, pickle juice, salt, pepper, celery seed and garlic salt. Gently fold together both mixtures and chill. Garnish with additional egg slices if desired.

Recipe correction

Last month we printed a recipe for Italian Tidbits. The ingredients should have been 1 cup all purpose flour and $\frac{1}{4}$ cup grated Parmesan cheese.

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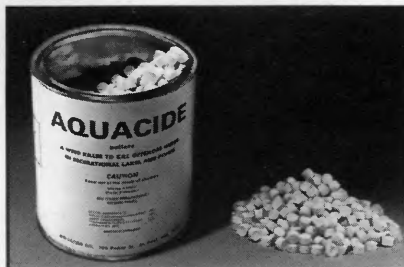
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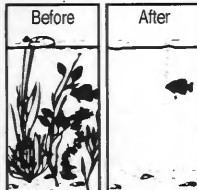
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A Pacific Grove, California woman was browsing at a garage sale when she looked inside a box of 25¢ items and spotted an old photo of lillies. She purchased the picture and spent \$15 to have it restored. A photo specialist friend verified it as being a 1929 photo taken by famed photographer Imogen Cunningham. Three weeks from the day she bought the picture, she pocketed a whopping \$50,000 from the sale of the photo! But wait, read on.

Recently Oprah Winfrey's entire show was on turning your trash into cash. The surprising message was—putting your stuff in a garage sale could be a very costly mistake. One lucky woman on the show told of buying candlesticks for a few dollars at a garage sale and learning they were worth a cool \$35,000. Imagine that seller's shock! Another poor soul sold an urn at her garage sale for a measly \$80 only later to see the exact urn in an antique store with a price tag of \$14,000. Amazing!

But here's the hitch. You can't make one

thin dime till you know who wants your good junk—and exactly how much they'll pay for it.

An expert's guide on *How to Turn Your Trash Into Cash* is now available to the general public. It's an encyclopedia of information on what bizarre, yet ordinary, items collectors want to pay you big bucks for. There are over 700 names and addresses of collectors searching for everything from soup to nuts. You may find a dozen or more buyers who will pay through the nose for something you thought was good-for-nothing junk.

You'll discover that almost anything has value to someone. It takes a whole book to mention everything. But check this list of just some of the strange items collectors are begging to buy: animal figurines, autographs, automobile items, badges, banks, baseball items, beer cans, books, bottle caps, bubblegum cards, bread labels, buttons, Cabbage Patch Dolls, calendars, celebrity items, cereal box tops, china and porcelain, Christmas decorations, clocks, coins, comic books, cookie jars, corkscrews, cribbage boards, diaries, dolls, radios, farm items, Fiesta ware, figurines (even broken or damaged pieces), fishing lures, furniture, games, glassware, globes, guns, handcrafted items,

handpainted neckties, hub caps, inventions, jewelry, kitchen items, lamps, magazines (TV Guide, Time, Life, Saturday Evening Post, Playboy and others), match covers, medals, military items, paper dolls, paperweights, pens, perfume bottles, Pez dispensers, pipes, playing cards, plumb bobs, pocket knives, postcards, records, road maps, salt & peppers, shaving items, sheet music, ships, snow-globes, stamps, steins, tapes, teapots, thimbles, tins, tools, toys, trains, watches (any condition), weapons, yo-yos and lots more.

As part of a special introductory offer, you can receive a special press run of *How to Turn Your Trash into Cash* for only \$8.95 plus \$1.00 postage and handling. It comes with a 90 day money back guarantee. You also get a list of the **TEN MOST WANTED** (top cash) items on the market today.

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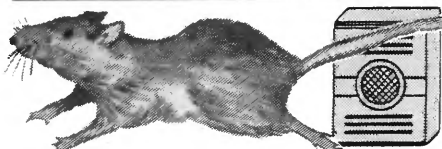
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Rural advocates talk to the Secretary

Illinois forum draws 600 for idea-sharing session

Rural people had an opportunity to have their say at a conference held at Southern Illinois University-Edwardsville April 24. It was part of a six-region, fact-finding effort that wound up the following day at the National Rural Conference in Ames, Iowa, and the findings from the Edwardsville meeting were presented to President Bill Clinton and Vice President Al Gore.

The Edwardsville meeting drew some 600 from several midwestern states. It was hosted by Illinois Representative Dick Durbin (D-20th), with Secretary of Agriculture Dan Glickman as the featured speaker.

There were several thrusts to the program, which was partly intended to enable those who had been successful with economic development efforts to share their methods with others and to allow everyday citizens to express their concerns.

"Today's forum gives us an opportunity to listen and share

ideas about community involvement in rural development, health care, education and infrastructure," Glickman said. "These forums are especially important as we work together to develop the 1995 farm bill, which will direct USDA policy as we move into the next century. This is a great opportunity for me to hear what the concerns of rural Americans are."

Jim McCaulley, mayor of Dodgeville, Wis., told how that community attracted Land's End, the clothing manufacturing and sales firm, and how that coup had affected his town. Chuck Scholz, mayor of Quincy, told how that city had turned around its shrinking job base using a lot of creative thinking and hard work. Cathy Emmanuel, vice president of strategic planning and marketing for the Carle Foundation in Urbana, demonstrated how interactive video can help in medical work.

Bob Rogers, superintendent of

the Scott-Morgan School District in Bluffs, told the audience that his small rural school had been able to teach language and literature classes — among others — that would be impossible to teach any other way. LaDonna Gulley, an Americorps volunteer in Mississippi, told how Americorps had helped her get an education while helping others.

David Kelley, president and CEO of Minnesota Equal Access Network Services, Inc., told how his organization had increased access to the "information superhighway" to benefit rural Minnesotans.

Delbert Mundt of Dieterich, president of the Norris Electric Cooperative and EJ Water Corporation boards, told how EJ had gotten up and running with a lot of work, creative thinking and interagency cooperation.

Representatives of two small meat packing businesses expressed the concern that proposed regulations might drive



Delbert Mundt (right), president of the Norris Electric Cooperative, speaks while U.S. Rep. Dick Durbin (left) and Agriculture Secretary Dan Glickman listen.

them out of business, and several of those in the audience noted that it is almost impossible to get started in farming for those who don't inherit an operation. Others told Glickman and Durbin of their concerns about inheritance taxes devastating farmers who do inherit property.

Durbin discussed ongoing efforts to improve rural life, saying, "When talking about rural America, we're not talking about being old-fashioned and behind the times, and if we're going to be on the cutting edge of improving life in rural America, we've got to look at the best and newest technology."

He added that such technology doesn't come cheap and that lawmakers will have to make some tough decisions if they decide to spend more on these technologies in a time of shrinking budgets. "If we're

going to get the money," he emphasized, "we're going to have to trim other areas."

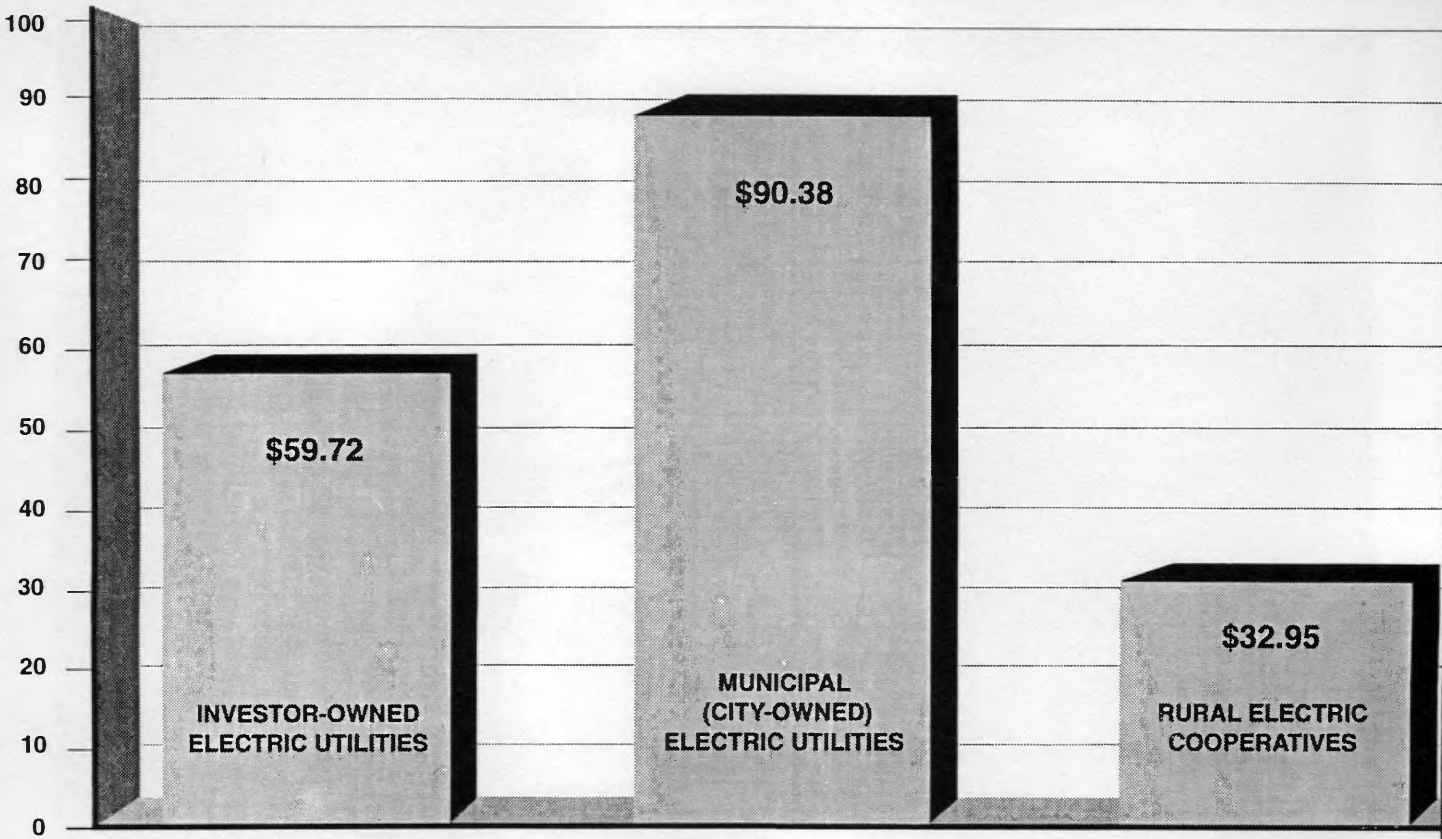
Wally Beyer, director of the Rural Utilities Service (RUS), noted that the success stories he has heard all had several things in common: They involved close cooperation among all the agencies involved, local initiative, and solid popular support. All had also involved leveraging funds from several sources, not just federal money.

Beyer noted that RUS is eager to help with at least two major infrastructure additions to rural areas. "We're looking forward to working on the Water 2000 program," he said, "and we plan to be involved in the effort to improve telecommunications. Even as willing as we are," he stressed, "we have 10 times as many requests as we have the money to fund."

Several of those in the audience

who asked questions had specific concerns, most of which dealt with the future of various Department of Agriculture programs. While there were kind words for some existing programs, Durbin and Glickman sidestepped questions about specific programs, noting that it is often possible to effect substantial savings simply by dropping projects that have gone on for decades "just because they were there." "The Agriculture Yearbook was a case in point," Durbin said, "and it was printed at a cost of half a million dollars a year, long after it had ceased to be useful."

"We don't have a list of programs we think should be dropped," they told reporters at a press conference after the meeting, "and much of the cutting will keep committees and lawmakers busy for quite some time."



From NRECA Economics Division

Federal assistance to electric utilities

All electric utilities in the United States receive federal assistance, or subsidies. This was the conclusion of Nobel Laureate economics professor Lawrence R. Klein of the University of Pennsylvania and has been further substantiated by numerous studies by federal agencies and others.

Investor-owned electric utilities (IOUs), which on average serve 35 customers per mile of line, charge electric rates that also include amounts for presumed federal tax liabilities. Prior to 1987, IOUs collected taxes based on the 46 percent corporate tax rate. But due to available tax breaks — such as investment tax credits and accelerated depreciation — IOUs were permitted to retain much of the funds they collected for federal taxes.

The amount of these retained tax dollars is substantial: \$75 billion according to the U.S. Department of Energy, based on official reports filed by investor-

owned utilities. Federal studies have referred to this amount as an "interest-free loan." A recent Edison Electric Institute report referred to it as "interest-free capital." It represents a major subsidy to IOUs, estimated to cost the government \$5 billion annually.

Municipal (city-owned) electric utilities, which on average serve 48 customers per mile of line, issue tax-exempt bonds. The federal government loses revenue because the interest income to owners of these tax-exempt bonds is not taxed. The federal subsidy to city-owned utilities in 1993 was \$1.1 billion.

Rural electric cooperatives (RECs), which on average serve six consumers (only four in Illinois) per mile of line, receive reduced-interest loans from Rural Utilities Service (RUS). The federal assistance is the interest subsidy (federal borrowing rate of 6.6 percent minus the average RUS rate of 4.36 percent on outstanding RUS

loans. This amounted to \$265 million in 1993, the least assistance of all electric utility sectors.

Conclusion — All electric utilities receive federal subsidies in one form or another. Calculations based on federal government financial reports show that rural electric cooperatives receive the least amount of subsidy. The difference in federal assistance for each type of utility becomes even sharper after considering that because rural electric cooperatives serve sparsely populated areas across the vast countryside. In addition, according to RUS, 70 percent of the rural electric cooperatives have retail rates higher than those of neighboring utilities. The appropriation to finance RUS electric activities has declined 57 percent since 1993. Although the RUS subsidy is being reduced, the assistance to the investor-owned and city-owned utilities continues at higher levels.

5764: Pull on pants and skirt have elasticized waistline. Pullover short sleeve top has contrast neck band and pocket. Button front shirt has short or long sleeves. Women's sizes FF(18W - 24W), GG(26W - 36W).

5766: Dress has slim or flared skirt stitched to button front bodice at elasticized waistline. Contrast collar and cuffs or tie bow collar with short or long sleeves. Misses' sizes KK(8 - 14), PP(12 - 18), ZZ(20 - 26).

ITEMS SUBJECT TO AVAILABILITY

539: Use this trio of dainty doilies so many decorative ways. Round, square, and oval shapes that complement each other. Beginner crochet. Round about 13", oval 12" x 15 1/2", square 14" in No. 30, larger in bedspread cotton.

5772: Round the clock dressing. Pullover slim or flared dress has surprise bodice with back pleat and elasticized waistline. Dress can be made with short or long kimono sleeves, side seam pockets and optional ribbon contrast. Misses sizes H(6 - 10), P(12 - 16), Y(18 - 22).

5093: Dress up your lawn like never before! Adorable, painted puppies and birds along with sheep covered sheep in two sizes add charm to your lawn or garden. Printed pattern, directions included.

ITEMS SUBJECT TO AVAILABILITY

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7104: Sew a pretty doll for the little girl in your life. She's 25" tall, has a pretty ruffled hat and dress. Tissue pattern pieces, doll & clothes.

ITEMS SUBJECT TO AVAILABILITY

5765: Step out in style. Dress has slim or flared skirt stitched to y-neck front with button down bodice at elasticized waistline. Sleeves can be short or long. Optional contrast collar, front tucks, lace trim and side seam pockets. Misses sizes K(8 - 12), R(14 - 18), Z(20 - 24).

7301: Scrap-happy ruffles accent petalled owl. Children, teens, all ages love him. Details, directions for colorful pillow about 24" tall.

7559: Mr. Frog is 21" and can be used as a TV hassock. Easy and fun to make. Directions, details, tissue pattern pieces included.

ITEMS SUBJECT TO AVAILABILITY

5767: Easy-to-sew separates. Pull on wide leg knee length pants and skirt have side seam pockets and double elastic waistline. Pull over long sleeve top and lined vest has buttons and back belt. Misses sizes H(6 - 10), P(12 - 16), Y(18 - 22).

5771: All day comfort with loose-fitting dresses. Curved shaped yoke view comes sleeveless or with short sleeves. Easy empire yoke is cut crosswise for contrast. All dresses have stitched in side seam pockets. Optional tie belt. Misses sizes A(OS).

ITEMS SUBJECT TO AVAILABILITY

5768: Easy sports-wear. Pull over top has short kimono sleeves with round or scallop neckline. Pull on slip-skirt and skirt has elasticized waistline with optional side seam pockets. Misses' sizes A(PT - XL).

ITEMS SUBJECT TO AVAILABILITY

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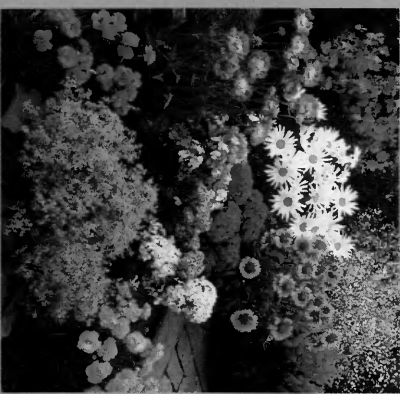
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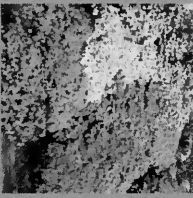
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MICHIGAN BULBS LIFETIME GUARANTEE

If you're not happy with any item you order from us, simply return it within 15 days for a full refund or replacement, whichever you prefer. What's more, any items that do not grow and flourish to your complete satisfaction will be replaced FREE - with no time limit - for as long as you garden.

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